

# Diabetes

***Almost 19 million people in the United States have diabetes, and about 7 million do not know it!***

Most of the food you eat is turned into sugar (glucose) for your body to use for energy. The pancreas makes insulin, which helps sugar get into your cells. When you have diabetes, your body doesn't make enough insulin or can't use the insulin it does make. This causes sugar to build up in your blood.

Over the years, high blood sugar leads to problems like heart disease, stroke, blindness, kidney disease, and other concerns.

## **Types of Diabetes:**

- **Type 1 diabetes:** Usually first diagnosed in children or young adults. In this form of diabetes, the immune system attacks the cells that make insulin in the pancreas and destroys them. The pancreas then makes little or no insulin, and cells can't take sugar from your blood. Someone with type 1 diabetes takes insulin shots or uses an insulin pump.
- **Type 2 diabetes:** The most common form of diabetes. People can develop it at any age - even during childhood. Type 2 diabetes begins when your body can't use insulin properly, and there is too much sugar in your blood. At first the pancreas keeps up with the added demand by making more insulin. Over time it can't make enough insulin.

## **Diabetes Prevention:**

When you take steps to prevent type 2 diabetes, you also lower your risk for heart disease, stroke, kidney disease, blindness, and loss of limbs. Small changes in your lifestyle can make a difference. This includes physical activity, losing and maintaining a healthy weight, and eating a healthy diet.

**Physical Activity:** Aim to be active for 30 minutes on most, if not all days, for a total of at least 150 minutes each week. Moving any part of your body- even for a short time- can make you healthier.

**Healthy Eating:** Choose low-fat foods and foods high in fiber. Cut down on fat and cholesterol by having low-fat dairy products and lean cuts of meat, fish, and poultry. Also, limit foods high in salt and sugar.

## **Signs of Diabetes:**

- Feeling tired
- Frequent urination (especially at night)
- Being very thirsty
- Weight loss
- Blurry eyesight
- Sores that heal slowly
- Loss of feeling or tingling in your feet

***(more on back)***

*Be Active // Be Healthy*

## **Every Woman Matters Screens for Diabetes:**

The Every Woman Matters Program can help you receive a free or low-cost health exam that includes screening for diabetes. In addition to breast and cervical cancer screenings, women ages 40 through 74 are eligible for height, weight, waist circumference, blood pressure, blood cholesterol and diabetes screening. Screening for diabetes is done with a fasting blood glucose test.

Every Woman Matters clients who have been screened for heart disease and diabetes can also receive information and support related to improved nutrition, increased physical activity, and tobacco cessation.

## **Resources:**

American Diabetes Association	<a href="http://www.diabetes.org">www.diabetes.org</a>
Nebraska Diabetes Program	<a href="http://www.dhhs.ne.gov/diabetes">www.dhhs.ne.gov/diabetes</a>
CDC National Diabetes Education Program	<a href="http://ndep.nih.gov">http://ndep.nih.gov</a>

## **For More Information:**

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[www.dhhs.ne.gov/womenshealth](http://www.dhhs.ne.gov/womenshealth) and [www.dhhs.ne.gov/menshealth](http://www.dhhs.ne.gov/menshealth)